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Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



Healthy Eating for the Holidays!

The Holidays are a time to enjoy family, friends, and good food; however, it can be a difficult time for those of us trying to make healthy choices. There are ways to survive the food overload. The following steps may help you enjoy the holidays and feel better about your health during this season:

- ♦ Try to make healthy food choices and exercise to prevent weight gain. The holidays are probably not a good time to try to lose weight as this may put additional stress on you.
- ♦ Use smaller plates to help limit portions. You can still have some of those high calorie favorites if you eat a small portion.
- ♦ Fill your plate with lots of fruits and vegetables. These are filling and provide a lot of good nutrients.
- ♦ Make sure the dish you contribute to the holiday meal is a healthy one. Choose a new healthy recipe or make adjustments to an old favorite recipe to make it healthier.
- ♦ Eat slowly. Take smaller bites and enjoy your meal.
- ♦ Wait a few minutes between servings to allow your brain to tell your body you are full.
- ♦ Don't arrive at mealtime completely famished. Eating a snack within a couple of hours before the big meal will help prevent overeating.
- ♦ Don't skip meals as a way to save up for the holiday meals. It is best if you eat regular meals during the holidays.

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Healthy Eating for the Holidays (Continued)

- ♦ Watch high calorie beverages. Consider drinking calorie free beverages, such as water or diet drinks, to help limit your overall calorie intake. This includes alcoholic beverages. Four ounces of wine has about 100 calories. Twelve ounces of beer has about 150 calories. Eggnog can contain about 350 calories per cup.
- ♦ Learn to say No. Don't feel that you have to eat every time food is offered.
- ♦ Move! Exercise is an important way to help you stay healthy during the holidays. It helps control appetite and handle the stress of the holidays. It will also help burn some of the extra calories you may have consumed.
- ♦ Get plenty of rest. When your body gets tired it leads you to make less healthy food choices and might cause you to want to skip exercise.
- ♦ Enjoy! The holidays are a time to enjoy.
- ♦ Plan ahead. Planning ahead will help you eat healthier and exercise during the holidays. Plan ahead to utilize some of the steps listed above..

For More Information:

- MyPlate.gov—<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet32MakeHealthierHolidayChoices.pdf>

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